

HOME INTERESTS

Linen Stitch in Filet Lace

HOW to work the linen stitch. This is the stitch most seen in old embroideries. The grounds and leaves of flowers, as well as the edges, are generally worked in it.

After you have fastened the thread to

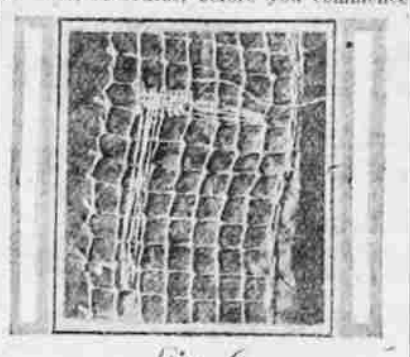
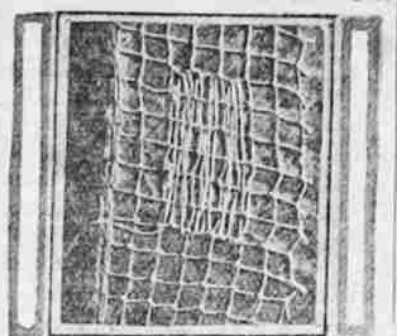


Fig. 6.

a knot in the filet, it is carried twice, to and fro, over and under the threads of the net.

Every second thread passes out the end of the row, under the thread of the net, and over it, when it is brought upward again. (See Fig. 4.)

This forms the body of the linen stitch, which is completed by the second series



Fig. 5.

of stitches, the same as the darning stitches. (See Fig. 5.)

Forming a Corner (Fig. 5).—When the linen stitch is to form a corner, begin by carrying the thread over the prescribed number of threads. In this, first, the threads must be left very slack, and if you have any trouble doing this, you can

darn in the opposite direction. The reason the threads must be slack is because they will be taken up so much by the second cross weaving thread. (See Fig. 5.)

Forming the Corner of a Border.—The first threads of the second side forms the linen ground of the corner square. From the second corner square pass the thread to the fourth, passing over and under the

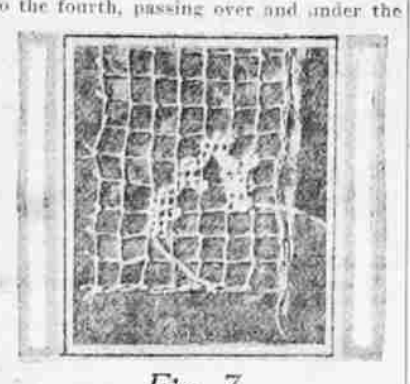
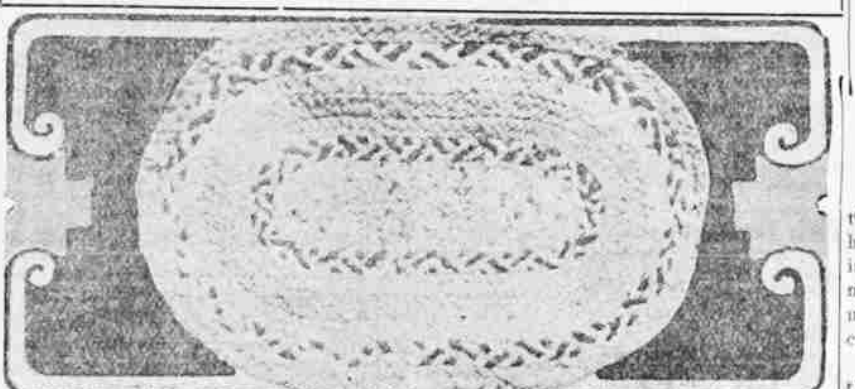


Fig. 7.

threads laid for the first corner. (Fig. 6.)

Old Filet Stitches.—The ancient embroideries are done on a very fine net. The linen stitch is worked in two layers only—that is, in one journey to and fro, and by working a little figure S in linen stitch in two layers of thread only. That is to say, in place of darning four threads in each square in both directions you pass only two threads in each square.

How Marcia Makes Rugs



MARCIA has a house full of braided cretonne rugs and this is how she makes them:—

The cretonne is cut in yard long strips, about five inches wide. The strips are folded each side to the centre, then the whole strip folded in half. This does away with the raw edge. Then the strips are braided, five strands to a braid.

Fasten the strips together at the top and stick the end in a drawer to hold it fast. Then braid it. The five strands make a wide, flat braid.

When you come to the end of a braid sew on more strips and continue. They are usually started with the flowered material.

When you have braided about two or three yards you have enough to start your centre. First fold your braided piece in an oblong, fastening the ends under flatly. The size of this oblong de-

pends on how large a rug you make. An oblong of about fifteen inches makes a good start for a medium sized rug.

Then coil your braided strips around this. Lay your work flat on a table and sew the strips together from the wrong side, using strong "shoe" thread. Fasten the end of each strip down flat, and do not begin each separate strip in the same place, else you will have a hump.

Remember that you do not coil the rug continuously. You braid enough each time to complete the circumference once. Be sure to keep it very flat. Continue until your rug is the size you wish.

A good way is to start the centre with a flowered material, then in the next braid put a strand or two of black—or, if you wish, make a whole braid of black. Then put two or three rows of plain color, then the flowered again. You can use any cotton material not too flimsy. You can mix any number of materials as long as the colors are the same.

EVERY DAY HELPS.

Should the knob come off the lid of a pan or kettle a good substitute may be made as follows:—A screw should be slipped through the hole, with the head to the inside of the lid, and a cork screwed on the protruding end. This will make a knob which will not get hot and can be removed when it is dirty.

To prevent shrinking—When you wash your door panels of lace or net appliqué, to make them fit door glass, wash, starch and stretch and tack on the door while wet. In doing this you will not have the disappointment of having them inches too small when dry.

A useful clothespin bag—Make a square bag of strong material, wide enough to allow a wooden clothes hanger to be stitched to the top edge make a long slit in the centre of the front piece so that the pins are easily accessible. The advantage of this bag is that it can be hooked on the line and slid along as required.

In pouring cake batter into the pan it is well to remember that the centre of the cake is the part which is usually the highest, so spread the batter as much to the sides and ends as possible, leaving a depression in the centre then the cake when baked will be level.

Cubes of sugar rubbed over the surface

of an orange will retain the orange flavor by absorbing the oil.

Sugar thus prepared and used in tea imparts a most delicious flavor suggesting orange pekoe.

If you soak an orange in hot water the peel will come off like a glove and it will be very sweet.

Grease sweet potatoes before they are put in the oven to bake. They will bake in half the time and the skins will be soft.

SOFTEN THE HANDS.

Keep a dish of Indian meal on the toilet stand with the soap, rub the meal freely on the hands after soaping them for washing. It will surprise you if you have not used it how it will cleanse and soften the skin, also prevent chapping.

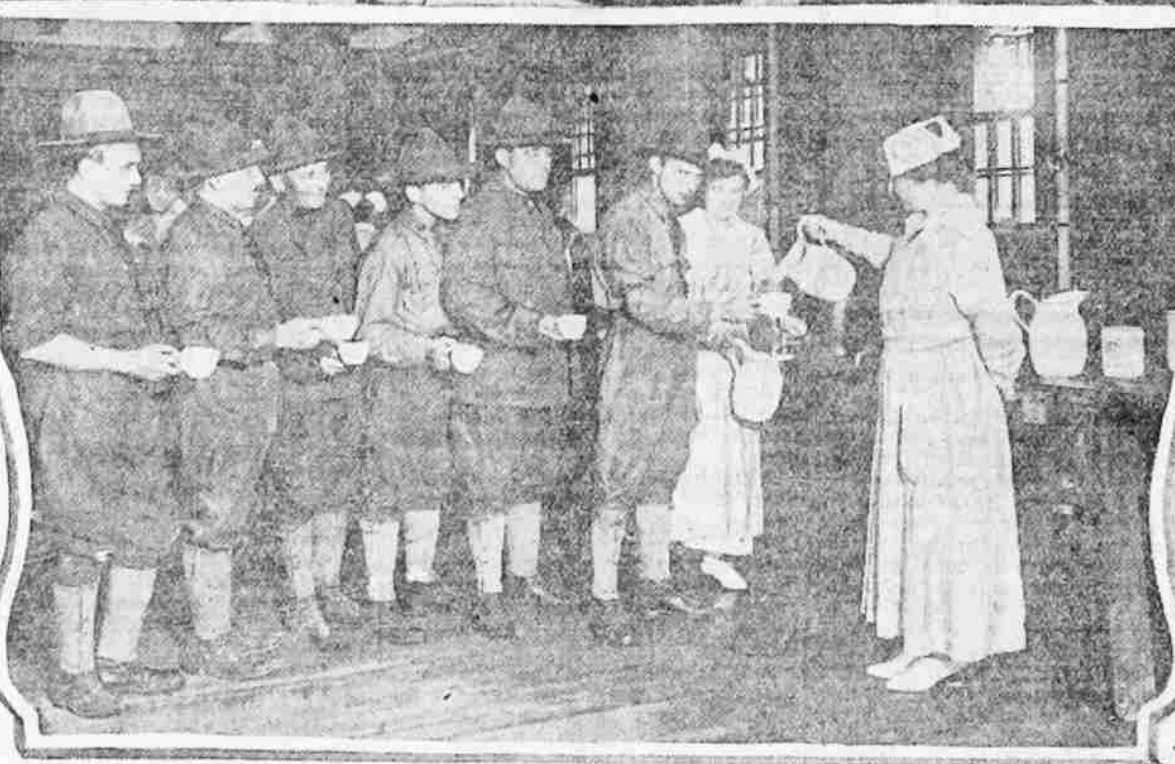
NOVEL PINCUSHION.

Take a sherbet glass (a chipped one will answer), fill with bran and draw a piece of colored silk down over the glass to the stem and tie tightly with ribbon to match. It looks very dainty on the dresser in the guests' room.

PREVENT COLOR RUNNING.

To prevent color from running in dark clothes when they are washed add one cupful of salt and a cupful of vinegar.

WHAT WOMEN ARE DOING IN THE WAR



One of the practical kinds of work which the National Woman's League for Service has been engaged in is that of establishing canteens where National Guard regiments are temporarily located for drilling until they are sent into their permanent camps or elsewhere.

Groups of women take turns in tending the canteen and waiting on the men. Simple refreshments are served but of excellent quality and at a low price, just

enough to help along with the expenses. If the men haven't the money they are given credit and it is later taken out of their pay.

The coffee and sandwiches and other foods are served at a time when the men are especially in need of some light refreshment. The women band things out with a smile and a pleasant greeting and an acquaintance is established between the men and the canteen women, some of

whom are wives of officers, when leads to a good understanding and often to needed help on other occasions.

The canteen is one of the ways in which women can do something to help along in a military way. It is far more practical and useful for women than to drill with guns that will never be used. Most of the canteen servers wear a neat and attractive uniform which helps to fit them into the picture with the men in khaki.

What Every Housekeeper Should Know.

NOW is the time when we housewives must work hard and fast to store up supplies against a hard winter.

Many of us are seasoned old timers in the art, but some of us are amateurs at canning and preserving. But all of us welcome suggestions.

And it is well when we are taking advice to be used that the advice is authentic. There have always been people who are ready at all times to proffer opinion on every subject under the sun.

But the man or woman who specializes in one subject is the person who is qualified to speak upon the branch he or she has specialized in.

The methods to be used in canning and preserving which are given here are advocated by the best known experts in that line that our country affords.

Use always an agate, iron or porcelain lined preserving kettle which is free from all blemish in glazing, as the action of the fruit acid upon tin or iron darkens the fruit.

Use a small sharp pointed knife ground to an edge for fruits which a steel knife may discolor.

Can rubbers should be new each season and should be boiled at least twenty minutes before using. Examine and test jars before sterilizing them. Put a little water in each, adjust the rubber, screw down the top and invert. If it does not leak be sure to keep it with its own cover.

When a jar of fruit is hard to open place the jar top downward in a basin of boiling water, or place a hot flatiron on the cover of the can for a few minutes.

When preparing for canning hard fruits such as apples, quinces, &c., which furnish when exposed to the air, first drop them into a four per cent salt water solution, made by using one level teaspoonful of salt to one quart of water or one tablespoonful of salt to one gallon of water. Let them remain in the solution until enough are ready for the canning.

When fruit is canned in glass jars and ready to store away wrap each jar separately in brown paper or newspaper in order to preserve the color. Dark curtains on store room shelves also help to protect the cans from the light.

For wax for sealing jars and bottles, make a mixture of one-third resin and two-thirds beeswax. Heat together, mix well and put away until needed. When it is to be used lay a lump of it on top of the jar or bottle to be sealed, and press it down with a hot piece of metal. This will melt it and thus seal the cork.

It is possible to can small fruits without sugar with entire success. First pick over and wash the fruits if they are at all sandy. Pack in perfectly clean jars, adjust the rubbers and fill the jars with cold water. Lay on the lids, but do not screw or fasten them down.

Stand the jars in a boiler, the bottom of which has been protected with a rack, surround the jars one-half way up with cold water, cover the boiler and bring to a boiling point and boil rapidly for five minutes.

Uncover the boiler, lift one jar at a time and fasten each lid without removing it from the jar. Never lay a lid down on the table for a second, as in that second it may accumulate spores that will later spoil the fruit.

For preserves, fruit should not be over-ripe, as the retention of the shape is important.

To retain the shape of soft fruit berries in particular measure out the quantity of sugar to be used. Dispose the fruit and sugar in alternate layers, in

the cooking receptacles; let stand over night and then cook.

Crab apples, grapes (just ripe), yellow pippins, under ripe blackberries and quinces will yield a firm, stiff jelly with one-half pound of sugar added to each pint of fruit juice.

The juice must be boiling when the sugar is added. Large fruits such as quinces, apples or crab apples need not be pared, but the seeds must be removed.

Feminine Problems

"It is a real shock to me to find many of my middle aged married women friends less happy than my unmarried friends. I still believe that congenial married life is the ideal existence, yet I am confronted by this condition. Now, what can be the trouble?"

My friend was visiting the home of her youth after an absence of fifteen years. There, when young, on the eve of her marriage, she had lost her lover, and though a social favorite she had never married.

"Most of the girls are still here, married, and seem to have kind husbands, nice children, attractive homes. Those who did not marry are earning their living in good positions. The married women are bundles of irritated nerves. The unmarried women are serene and happy."

"Isn't it humiliating to think of the time you waste on mending socks and thinking up meals?" complains one. "And in looking up new maids or in doing the work of the absent cook," chimes in another.

This rebellion against responsibilities naturally associated with wifehood cannot produce a peaceful or happy mind.

It is at afternoon social events—bridge clubs, for example—that bitter distaste for household tasks is oftenest aired. With such conversation is mingled discussion of methods for reducing flesh and preventing wrinkles.

The woman earning her living has little time for afternoon card parties or massage. She works while her sister laboriously plays. The average business woman, active and energetic, is less fleshy, less wrinkled.

Invariably the radiantly happy married woman of fifty has adopted the man's point of view regarding her life. The average man is a better lover than the average woman, because he loves practically, showing affection in acts rather than in words. From the beginning his home is his incentive to effort. Sometimes, after marriage, as demands increase, he becomes so engrossed in his purpose that he forgets to talk of love.

Then it is that the wife, who has small understanding of love in action, pines because she is sure he has grown cold. No, he is at fever heat, lest he fail in providing physical proofs of his affection.

The woman who finds happiness in married life has a sufficiently masculine outlook to understand him. She, instead of brooding over imaginary slights, in return proves her devotion by work. Her domestic duties are dignified by love, consequently she can fix her thoughts upon something diverting while she mends socks, forgetting the commonplace.

She can hear the song of the bird or think of the story she read last evening while she does the work of the absent cook. To her it is a joy to plan attractive meals that will add to the efficiency of her loved ones. She has a professional homemaker's

Advice About the Hair Which Every Woman Should Read

WOMAN'S crowning beauty is her hair, we are told, and the hot weather is very hard on this crown of beauty, as it is on everything else.

Especially for the woman who is more or less confined to an office it is a difficult task to give her hair the attention it really requires.

In order to retain the smooth, glossy appearance which is the visible sign of good grooming, you must give your hair a certain amount of daily care.

This is particularly essential in hot weather.

You must work for your living are often apt to neglect your hair.

When you return from work on a hot August evening, you have little inclination to brush and massage your scalp.

You feel much more inclined to go to bed without even so much as braiding it for the night.

But don't do it, girls. Nothing shows inattention so quickly as hair.

It can lose its gloss and become frowzy looking, dry and matty before you realize that you are really neglecting it.

The heat has a most pernicious effect on it always.

The first place that you begin to perspire is at the roots of the hair. Most of you will find that the hair close to your head is wet the greater part of the day in this hot weather.

Now, if you wear a hat the whole day long, or if you wear any false hair, your own hair has no chance to air and dry properly and cleanly.

The perspiration wets it anew every day and it never becomes really dry. Consequently, after a few days, your hair feels moist and sticky and has a sour, musty odor that is not only disagreeable to you, but to others as well.

Your head will soon show the effects of this treatment and it will take months to restore it to its normal healthy condition.

An ounce of prevention is worth five pounds of cure in the care of the hair, and if you once allow unhealthy conditions to become prevalent in your scalp it will take you months to free yourself of them.

It is far better to give your hair a little

daily attention and keep it in good condition.

One of the first rules in caring for your

PLAY APRON



Any mother may make this useful little apron in one hour.

A LITTLE play apron can be made up from towelling that is bought by the yard.

It simply has a hole cut out about one-third in from one end of towelling which is one yard and an eighth long. Two strips are cut off one end of the towelling, which has been gathered slightly.

The piece that is cut out for the neck opening is used to make the pocket on the apron.

Children always like a little picture sewn to their aprons. This may be embroidered on in outline in cotton floss or cut from a piece of figured print or cretonne.

head in hot weather is to avoid false hair. Switches, "rats," puffs, buns and curls should all be consigned to a place of storage at least until the cold weather returns, and even after.

False hair makes the head much hotter than it would normally be, keeps the air from your own strands, keeps the perspiration on the scalp from drying, and, in other words, acts as sure death to the life of the real thing.

Do without false hair during this hot weather. In these days of simple styles and coiffures there is no excuse for it anyway.

So banish your switches and rats and all the rest. The excess paraphernalia to the shades of the past.

Don't wear your hat any more than you have to. So many business women keep their hats on from the time they leave their homes in the morning until they return at night. Apparently they do not feel businesslike without them.

If you who follow this course would only stop to realize that you are robbing your hair of all air, you might be sensible enough to take your hat off the minute you go into your office.

After all, you spend practically all your days with the exception of Sunday there. The little airing you give the hair at night is not much when you consider that it has been shut up tight under a close fitting shape all day.

So take off your hat in the office and let the air dry the perspiration as it starts.

At night brush your hair out thoroughly in front of the open window.

Let it hang loose all night and while you are dressing and undressing.

Be sure that it has half an hour's airing in front of the window at night. Switch it about in the air so that all the dampness on the scalp may be thoroughly dried.

Many girls find that their hair becomes extremely oily in warm weather, as the heat seems to bring it all to the surface. If you have any trouble of this kind give your scalp a dry shampoo once a week or as often as you need it.

This is also good to absorb the moisture from excess perspiration on the scalp.

It is not wise to wash the hair with water too often, but you can always substitute the dry shampoo whenever it seems necessary.

Garden Baskets for Fruits and Flowers



Mrs. Frank A. Vanderlip, an ardent suffragist, on her beautiful estate at Scarborough-on-the-Hudson, doing garden work. Mrs. Vanderlip, for the gathering of her vegetables and carrying about of her garden tools, has in use a practical basket of Chinese straw weaving.